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PAGE 17

RUN FAST AND STAND STRONG

USE METRO AR TO SEE BOSTON COME TOGETHER A YEAR AFTER DEADLY MARATHON BOMBINGS

PAGE 10

ONE FINAL GOODBYE

Mourners gather outside the church after the funeral for Josh Hunter, inset at right, one of the victims of an April 15 mass stabbing attack, in Calgary on Monday. Services were also held for Jordan Segura and Kaitlin Perras. For coverage, see pages 3-4. LARRY MACDOUGAL/THE CANADIAN PRESS

Aging CTrains drag down reliability

Infrastructure. CTrains racked up 61,000 kilometres between mechanical failures on average in 2013

At a glance

The Siemens U2 cars recorded 165 mechanical failures in 2013 compared to 146 for the newer Siemens SD fleet that are used thrice as often.

Calgary Transit is attempting to breathe life into its oldest — and most unreliable — light-rail cars as they cloud overall gains in dependability.

When it comes to reliability data over the past five years, the old-school CTrains (known in transit circles as Siemens U2s) are worsening while their successors are gradually improving.

"The U2s are just getting older — we're fighting with them," said fleet manager Russell Davies. "We are undertaking reliability improvements."

CTrains racked up 61,000 kilometres between mechanical failures on average in 2013. The U2s, however, broke down more than 2 1/2 times as often than the newer trains per odometer click in what was a low-point over the past five years.

Reliability is "huge" for users like Brian Larsen, especially when it comes to retaining new customers.

"Lots of people are willing to flirt with using the system … it's a game of keeping users," said Larsen, who sits on transit's customer advisory board.

A city hall committee will be briefed next month on efforts to keep CTrains on the rails for longer stretches.

Davies broadly outlined some of what's going on behind the scenes.

City staff are exploring four different avenues for improving overall system reliability: analyzing system failures, surveying operators and mechanics for the frontline view and examining the impacts that Calgarians are having on operational reliability.

More specific solutions range from the highly technical such as rebuilding propulsion units to the mundane replacement of operator seats.

Relief will also come with 60 new S200 light-rail vehicles being added in late 2015.

But only 25 of the new LRV cars will go toward replacing the ricketiest of the light-rail fleet. The rest will go to expanding four-car train service.

Transit also plans on adding a new rail crossover on the northeast line and downtown later this year to ease the frontline stress when something goes wrong.

"It's not just about replacing vehicles," said Chris Jordan, manager of strategic planning. "It's (also) about the infrastructure and track side."

BRYAN WEISMILLER/METRO

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Tragedy aftermath

Grieving U of C students flock to wellness centre

Support workers at Calgary's biggest university have been working around the clock to assist a rush of students grieving the loss of five young adults killed in a mass murder last week.

Three of the victims — Jordan Segura, Josh Hunter and Lawrence Hong — were active students at the University of Calgary.

Debbie Bruckner, director of the on-campus Wellness Centre, said each student is reacting to the tragedy in a different way. Some simply want information on where to share condolences while others are dealing with grief likely to last a long time.

"The intensity and the breadth of this event is probably higher than any I've seen (on campus)," said Bruckner, who's been with the U of C for eight years.

The centre's hours of operation were extended to around-the-clock service from over the long weekend and Bruckner said "demand is certainly much higher," than usual. Exact figures on the number of students assisted were not available.

Additional yoga classes have been added and some students have taken to a meditative walk to help them through the grieving process, Bruckner said. The Wellness Centre, located in Room 370 of MacEwan Hall, is now open daily from 7 a.m. to 8 p.m. You can also call 403-210-9355 or email sar@ucalgary.ca.

JEREMY NOLAIS/METRO

Young mourners arrive Monday morning at the funeral for Jordan Segura, inset, one of five victims of an April 15 mass stabbing in Calgary.

LARRY MACDOUGAL/THE CANADIAN PRESS

Victim wasn't alone when he died

Memorial service. Jordan Segura remembered for his thoughtfulness, warmth and compassion

ROBSON FLETCHER
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Jordan Segura's life was tragically and violently cut short, but a close childhood friend assured hundreds of mourners Monday that he died like he lived — surrounded by people who loved him.

"Myself and a couple of friends were with him right at the end, and I want you all to know that Jordan was not alone," Jayda Shreenan said at his funeral, pausing momentarily as she was overcome by emotion.

Segura, a 22-year-old religious studies student, was one of five young people stabbed to death at a house party in Brentwood last week; his funeral was the first to be held this week.

More than 300 people packed a McInnis & Holloway chapel Monday morning, the same funeral home where Jordan himself had worked part time.

Carrying white and red roses, family members escorted Segura's casket to the front of the chapel, where his brother, Jullien, stood to speak.

A life well lived

"If Jordan's life has shown us anything, it's that love can make a difference. A gathering like this speaks volumes to a life well lived."

Pastor Wes Gorman, speaking to a crowd of more than 300 at Jordan Segura's funeral

"A good word for Jordan would be integrity," the older sibling said, fighting back tears.

Jullien said his little brother was devoted in his pursuit of truth and brave in his devotion to speaking it. Even if it led to tension or conflict with others, Segura stood up for what he saw as right.

"He endeavoured to be that loving, peaceful presence in a hurting and broken world," Pastor Wes Gorman said. "His love and compassion moved him to help and serve others."

Shreenan said she'll remember Jordan for his enormous smile (except when he was hungry), his ever-changing hairstyle and impossibly long eyelashes.

But most of all, she said she'd remember him for his kindness.

"Jordan's compliments were just straight from the heart," she said. "All he wanted to do was spread his kindness and his joy."

‘So much to so many people’

Kaiti Perras. Stabbing victim remembered for her style, love of dance

BRYAN WEISMILLER
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Style-conscious Kaiti Perras was remembered Monday for the well-meaning — albeit blunt — fashion advice she’d dish out to her friends and family.

At a ceremony that blended overwhelming grief with comical reflection, Galen Perras recalled how his niece often questioned glaring wardrobe mistakes: “‘Are you sure you wish to wear that?’

“And if she was a little crankier? ‘Come on, couldn’t you have at least tried?’”

But one of her fashion tips turned poignant too soon for those mourning the 23-year-old at First Alliance Church, in one of three memorial services held Monday for three of five victims of last week’s stabbing rampage at a house party.

“To take a direct quote from Kaiti — I don’t want anyone to wear black at my funeral,” said Galen Perras.

The Brentwood party has been described as a low-key reunion between Bishop Carroll High School graduates and other students revelling in the final days of the winter semester.

Those attending Monday’s service were urged to wear colourful clothes and share colourful moments of Perras’ life. Family members recalled her inquisitive personality, fierce determinism and sensitive nature.

Kristy Berg remembered her close friend and roommate as a “trendsetter with a hippie soul.”

“She was so much to so many people,” Berg said through tears.

Perras was a dance teacher and student at Counterpoint Dance Academy for more than a decade. Family members have asked donations be made to the “Kaiti Perras Love of Dance Scholarship Fund” in lieu of flowers.

Services for the other two victims will be held later this week.

“Don’t focus on how she was taken away from us — remember her as she was.”
Kristy Berg, close friend of Kaiti Perras

Pallbearers watch the hearse carrying the casket of stabbing victim Kaiti Perras leave the church at her funeral in Calgary on Monday. MIKE RIDEWOOD/THE CANADIAN PRESS

Josh Hunter remembered for big smile, swagger

Josh Hunter CONTRIBUTED

A good drummer needs swagger.

Joshua Hunter had plenty.

That’s what hundreds heard Monday during a celebration of life for the 23-year-old, killed last week in a house-party stabbing spree that also claimed the life of good friend Zackariah Rathwell. The pair made up half of the band Zackariah & The Prophets. Three others were also killed.

The weekend before the killings, ZATP, as they were known by some fans, celebrated the release of their EP, a celebration after many years spent jamming in parents’ basements.

“They had an intensity, a passion that converged in their music,” said Peter Gammell, who spoke on behalf of the Hunter family. “One got caught up in the emotion of their developing craft … Josh experienced what it means to be part of a cohesive team, to be made complete by association.”

But Hunter was about much more than music, Gammell said, describing his gleaming smile and upbeat spirit as being rivalled by few.

“He would hang with young children as if they were his old friends. If he was going to a movie with his buddies, he wouldn’t hesitate to include his parents if they were around — who does that?” Gammell said, drawing laughter from the emotional crowd. “It’s like he had a complete absence of concern for managing or manipulating his status or how he was perceived.”

Members of the band didn’t speak during the memorial, but bass player Kyle Tenove did speak briefly with Metro about the last time he heard from his dear friend. It was around 11 p.m. Monday and Hunter was already enjoying himself at the soon-to-be-ill-fated gathering on Butler Crescent NW.

Hunter had agreed to help Tenove and his girlfriend move the following day and said he was enjoying what amounted to a “high school reunion” of sorts, given that the band members had previously attended classes with others at the party, including victims Jordan Segura and Kaiti Perras.

JEREMY NOLAIS/METRO

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‘Jumpy’ riverside residents want city to re-examine temporary flood mitigation

Flood forecast.
Peak risk in Calgary expected between May 15 and June 15

ROBSON FLETCHER
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With rain in the forecast for the next few days and the peak of flood season fast approaching, tensions are growing in river-adjacent communities and some residents are angry the city isn’t doing more to protect their homes.

“People are feeling really jumpy,” said Sunnyside resident Mike Bradfield. “The first thing we do when we get up in the morning is look out and see if there’s water in the street.”

Bradfield is working with James Maxim, who finished second in the 2013 municipal election for the Ward 11 council seat and recently founded a group he calls Elbow River in Calgary (ERIC), to pressure city council to take another look at temporary flood-protection measures.

Maxim said Mayor Naheed Nenshi’s advice to Calgarians in flood-prone areas to move their valuables out of basements and prepare a 72-hour emergency kit is simply not enough.

“That, to me, is no plan,” he said. “So what we’re trying to do is make sure there are some means available to protect our properties.”

Nenshi has previously said there’s only so much the city can do to protect against flooding in the short term and the real solution lies in “long-term mitigation” projects like dams and diversions that require huge capital outlays from higher levels of government and “a lot of construction — maybe years of construction.”

But Bradfield said there is a whole host of relatively inexpensive products on the market that could be used to protect entire communities in the event of another flood, which he plans to outline at a public forum on Tuesday.

“We thought maybe we could embarrass the city into providing flood protection,” he said. “Or maybe not even embarrass, but show them what the possibilities are.”

Forecast this week

- American forecasters AccuWeather.com issued a warning Monday, saying up to 50 millimetres of rain this week could lead to flooding in low-lying and poor-drainage areas in Alberta.
- Environment Canada lead meteorologist Brad Power said the latest models suggest 20 to 50 millimetres in Calgary between Tuesday and Friday, which “isn’t typically something that we would consider severe.”
- Calgary river flood mitigation program manager Rick Valdarchi said staff are monitoring the rain forecast but at this point “we’re not anticipating anything substantial” with respect to flood risk.

Maxim said the public forum runs from 6:30 p.m. to 8:30 p.m. at Christ Church Calgary, located at 3602–8 St. S.W.

Emergency high-flow pumping units, like the ones seen here, are just one piece of temporary flood-protection technology that a group of river-adjacent residents say the city should be considering more seriously. CONTRIBUTED

Sled Island makes Time list of top music festivals

Kevin Drew of Broken Social Scene at a past Sled Island. METRO FILE

Calgary’s Sled Island Festival is getting some international exposure after being named to Time magazine’s list of “14 Music Festivals to Check Out in 2014.”

“After the 2013 festival was cancelled due to massive floods that ravaged Alberta, the festival is coming back stronger than ever with a killer line-up curated by Kathleen Hanna,” author Melissa Locker wrote. “Their new slogan says it all: Nobody rains on our parade.”

Festival manager Shawn Petsche said that “it’s definitely cool” to be recognized by the American magazine with a worldwide audience, but Sled Island, at its heart, remains a local affair.

“(How) we’ve always operated is we’ve tried to make the festival work for Calgary,” he said. “We haven’t tried to make a festival that catered to any other audiences than the ones here, because the majority of the people who experience the festival are from Calgary.”

That said, Petsche added that it’s “nice to have the recognition” from outside the city.

“Hopefully, it just means that more and more people start visiting Calgary — ideally during Sled Island — and realize what a cool city we’ve got,” he said.

Sled Island was sandwiched on Time’s list between the Sasquatch! music festival in Washington state and the Secret Solstice Festival in Reykjavik, Iceland.

ROBSON FLETCHER/METRO

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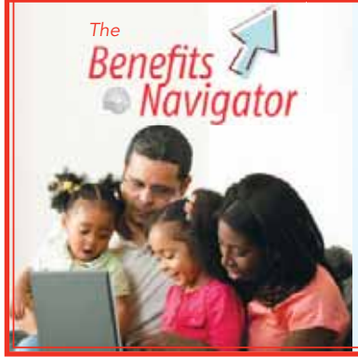

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Officials investigate death of electrician at Suncor

Alberta occupational health and safety officers are investigating the death of an employee at the Suncor oilsands development in northern Alberta.

Government spokesman Barrie Harrison says the man who died Sunday was a 27-year-old Suncor electrician who was working near electrical panels on the work site.

His identity and the official cause of his death have not been released. Suncor has said the man was severely injured and was pronounced dead in hospital in Fort McMurray.

Investigators have issued a stop-use order for the electrical panels as they try to determine what happened.

They will be looking to see if there was an equipment failure, and are reviewing what the man was doing, the company’s work rules and what kind of training he had.

THE CANADIAN PRESS

Second fatality of 2014

This is the second death of a Suncor employee at the work site this year.

- In January, tailings operator Jerry Cooper’s body was found submerged in a sand dump at the work site.

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School board. 'Grassroots effort' aims to share story for every day in school year

Trips to Beijing, student talent showcases and using video games to bring plans for a community recreation centre to life.

Plenty goes on among the more than 110,000 students being taught daily by the Calgary Board of Education, and a new project aims to share 182 distinctive stories from the education world's ground level — one for each day of the school calendar.

This Minecraft design was part of an assignment asking local students to dream up a recreation centre for youth. SCREENSHOT

The initiative, dubbed CBE 182, has already seen 15 posts provided by teachers, organization directors and resource workers, among others. Cathy Faber, superintendent for learning innovation, credited a "grassroots effort" by a group of proud teachers with getting the project up and running.

"The teachers were looking at each other and saying, 'Why don't we share these stories?'" Faber said.

"My thinking is this might inspire other teachers to follow suit and to get involved in some of the same kinds of thinking."

The posts are varied in tone and topic. In one, a resource teacher provides an anonymous account of how she was able to assist a youngster dealing with difficult personal circumstances.

Others are more fun-spirited. Brian Simmons, a Grade 5 teacher at Twelve Mile Coulee School, delved into how his students turned to Minecraft for an assignment that asked them to develop a youth recreation centre for the community of Tuscany.

You can follow along at cbe182.weebly.com.

JEREMY NOLAIS/METRO

Sylvan Lake. Two injured in longboarding accident

Two men were treated for injuries after their longboards hit loose gravel on Sunday in Sylvan Lake.

Witnesses said three men were on their boards travelling down a hill at "a high rate of speed," police stated in a media release.

One of the men suffered a severe head injury and required emergency air transport to the Foothills Hospital in Calgary by way of STARS Air Ambulance.

The second man suffered less severe injuries. METRO

Fire Deputy Chief Ken Uzeloc, who oversees front-line firefighters, says last year's historic flood left behind many hazards for river users of all stripes. BRYAN WEISMILLER/METRO

Post-flood dangers loom for river users

Warning. Waterways just aren't same since 2013 deluge: Officials

River enthusiasts eager to exchange their snowsuits for swimsuits are being warned of lingering post-flood dangers on city waterways.

Officials with the fire department, police force and bylaw services recently met before the irrigation season begins next month.

By the numbers

2015

Likely the earliest the province would re-open Harvie Passage, after last year's historic flood destroyed a significant chunk of the popular Bow River stretch.

Preparations for the annual spring safety campaign are being branded as anything-but-routine by fire Deputy Chief Ken Uzeloc.

Uzeloc warned there's still "a lot debris" left behind by last June's historic inundation.

"It is not the same river that it was pre-flood," said Uzeloc shortly before the recent warm spell.

"People need to understand that and they really need to understand what's changed to make sure they're safe."

A river cleanup is planned in early May.

City officials have declared the flood changed the path of the Bow and Elbow Rivers. And aquatics authorities are being retrained in response to the new dangers, according to Tom Sampson, deputy chief for the Calgary Emergency Management Agency.

Still, Sampson suggested Calgarians stay on shore for now.

"We ... as in the City of Calgary, are concerned about people who choose to use the Bow River and Elbow River too early this year," he said.

BRYAN WEISMILLER/METRO

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Jason Belliveau
Joshua Brewster
Dillon Cunningham
Javier Delgado
Justin Grey
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Scan the photo to see a photo gallery of Boston coming together one year after the deadly marathon bombings.

Boston Marathon husband and wife bombing survivors Patrick Downes and Jessica Kensky, who each lost a leg in last year's attack, roll across the finish line in the 118th Boston Marathon Monday. ELISE AMENDOLA/THE ASSOCIATED PRESS

Boston stays strong as thousands come out to run marathon

Resilience. Nearly 36,000 participate, including many kept from the finish line last year by the bombing that left three dead

Under heavy security that included surveillance cameras and police on rooftops, nearly 36,000 runners hit the streets Monday in the first Boston Marathon since last year's deadly bombing, sending a powerful message of resilience.

In what some saw as altogether fitting, an American won the men's division for the first time in more than 30 years, dominating a field that included many athletes who were prevented from completing the race last year.

The two pressure-cooker bombs that went off near the end of the course last year killed three and wounded more than 260 in a hellish spectacle of torn limbs, smoke and broken glass.

This year, police were deployed in force along the route, with helicopters circling above and bomb-sniffing dogs checking trash cans.

A total of 35,755 athletes were registered to run, the second-largest field in its history, with many coming to show support for the city and its signature sporting event. "Boston Strong" — the unofficial slogan adopted after the terrorist attack — was everywhere.

Meb Keflezighi of San Diego wins at the Boston Marathon on Monday. CHARLES KRUPA/THE ASSOCIATED PRESS

Kenya's Rita Jeptoo wins the women's division of Monday's Boston Marathon. CHARLES KRUPA/THE ASSOCIATED PRESS

"I think I'm going to start crying at the starting line, and I'm not sure I'll stop until I cross the finish line," said Katie O'Donnell, a doctor who was stopped less than a mile from the end last year.

At 2:49 p.m., the time the bombs went off, spectators observed a moment of silence at the finish line. It was followed by some of the loudest cheers of the day as people whooped, clapped and rang cowbells.

Race organizers expanded the field from its recent cap of 27,000 to make room for more than 5,000 runners who were still on the course last year at the time of the explosions, for friends and relatives of the victims, and for those who said they were "profoundly impacted" by the attack.

American Meb Keflizighi, who had the names of last year's victims written on the corners of his race bib, won the men's title in two hours, eight minutes, 37 seconds.

On Twitter, U.S. President Barack Obama congratulated Keflizighi and Shalane Flanagan, the top American finisher among the women, "for making Americans proud!"

"All of today's runners showed the world the meaning of #BostonStrong," Obama wrote. THE ASSOCIATED PRESS

Sit back, relax — and crack open a packet of powdered booze?

Palcohol. Arizona man hopes his fine idea for portable alcohol clears all the necessary hurdles and lands on liquor store shelves across the globe

An Arizona man who wanted a portable form of alcohol to take on camping trips has created Palcohol, a form of powdered alcohol that can be added to any food or drink. BLAZQUEZ DOMINGUEZ/GETTY IMAGES FILE

How's this for a revolutionary invention: Turn a glass of water into rum by stirring in a packet of powdered alcohol.

Crazy? Not with Palcohol, a new product that claims to pack the punch of hard liquor in fine powder form. Just add it to any food or liquid and presto: instant alcohol.

It's not on store shelves yet, but Palcohol has already cleared several regulatory hurdles in the U.S. This month, the U.S. Alcohol and Tobacco Tax and Trade Bureau approved package labels for the product.

"I thought maybe it was some sort of weird oversight or miscalculation," said Robert C. Lehrman, an attorney specializing in the regulation of alcoholic beverages, who said he has never seen anything like it.

According to the product's website, Palcohol was created by Mark Phillips, an Arizona man who wanted a portable form of alcohol for camping trips. Lehrman said he spoke to Phillips after learning about the label approval.

"He said he was working with the government for many years to get this approved," Lehrman said.

But don't expect to find Palcohol at your local liquor store any time soon. Lehrman cautioned that Phillips will have to clear other hurdles.

"I would expect that they would be quite cautious about this," he said. "If you're making a lot of money selling Johnny Walker Blue or Heineken, do you really want to rock the boat with this?" TORSTAR NEWS SERVICE

British Columbia

Asian mussel sails to Canada on tsunami debris

A sea creature unfamiliar in Canadian waters has hitchhiked its way across the Pacific on a piece of suspected tsunami debris from Japan's 2011 earthquake.

The federal fisheries department has identified a non-indigenous mussel, called mytilus coruscus, on a piece of wreckage believed to have drifted to B.C. after the Japanese tsunami.

A scientific paper published by the International Journal of Molecular Sciences says the mussel is one of the most important marine shellfish species in Korea.

B.C.'s ministry of the environment says the greatest risk for major debris has now passed.

THE CANADIAN PRESS

Oklahoma

Executions stayed over secrecy of lethal injection

A sharply divided Oklahoma Supreme Court on Monday stayed the execution of two death row inmates who have challenged the secrecy surrounding the source of the state's lethal injection drugs.

In a 5-4 decision, the state's highest court issued the stays just one day before death row inmate Clayton Lockett was scheduled to be executed for the 1999 shooting death of 19-year-old Stephanie Nieman.

The second, Charles Warner, was convicted in the 1997 death of his roommate's 11-month-old daughter. He was scheduled to die on April 29.

THE ASSOCIATED PRESS

Saskatchewan

Eatery accused of firing Canadians for foreign temps

The federal government is investigating a Saskatchewan restaurant where two waitresses say they lost jobs to temporary foreign workers.

A spokeswoman for Employment Minister Jason Kenney says the minister has asked his department to investigate the Brothers Classic Grill in Weyburn, Sask.

A CBC report says Sandy Nelson and Shaunna Jennison-Yung were among several servers who were fired last month and replaced by government-approved temporary help from outside Canada.

Dozens of people have lashed out at the establishment on its Facebook page, many of them calling for a boycott. THE CANADIAN PRESS

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Three decades on the run. Fugitive finally captured in Texas

A disabled 78-year-old church deacon living quietly in Texas was arrested Monday by federal agents who said he committed a murder 33 years ago and 2,092 kilometres away.

Authorities say Joseph Lewis Miller fled Pennsylvania after shooting a man in a parking lot outside a hotel in 1981.

He was charged with murder and three other felonies, but the case remained unsolved for three decades until investigators translated a previous tip that Miller had been living in Mexico under an alias — the name of a deceased cousin.

The U.S. Marshals Service in Harrisburg, Pennsylvania, traced that name to rural Mineola, Texas, a town of 4,500 people. Miller confessed to the shooting shortly after his arrest, authorities said.

People in Mineola knew Miller as Roy Eubanks, a former employee of the local paper plant who was collecting disability cheques and walked with a cane. He married at least twice in Texas, most recently in 2010. His wife told The Associated Press on Monday that he had said he killed someone in "the accident that happened" many years ago.

According to U.S. Marshals, Miller was charged in the 1981 death of Thomas Waller in Harrisburg, Pa. The Patriot-News reported that Waller was found inside his car with a gunshot wound to his head. That was the second time Miller was accused of murder.

He pleaded guilty in 1959 to killing a Harrisburg man and was given life in prison — a sentence commuted in 1971 by former Pennsylvania governor Raymond P. Shafer.

THE ASSOCIATED PRESS

Air Canada

Two baggage handlers face termination

Two Air Canada baggage handlers set to lose their jobs over a video showing bags being dropped several metres into a bin on the ground were working under intense pressure to move the items quickly, their union said Monday.

A spokesman for the union said when there's no more room for carry-on luggage inside a plane, handlers are forced to take the rest outside in a rush to be stowed elsewhere so the flight isn't delayed. THE CANADIAN PRESS

Utah

Man shot dead by marshal while attacking witness

The FBI says a defendant has died after being shot by a U.S. marshal during an attack on a witness during a trial in federal court in Salt Lake City.

The FBI said 25-year-old Siale Angilau died Monday at a hospital. The agency says Angilau was shot in the chest as he rushed the witness with a pen in an aggressive, threatening manner. Authorities said Angilau was shot several times in front of a jury that had been selected on Friday.

THE ASSOCIATED PRESS

Sherpas consider boycott after Everest avalanche

Nepalese mountain guides. 13 were killed and three are missing, presumed dead

Daughter of Nepalese mountaineer Ang Kaji Sherpa, killed in an avalanche on Mount Everest, cries as her father's body is brought to the Sherpa Monastery in Katmandu, Nepal, Saturday. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Buddhist monks cremated the remains of Sherpa guides who were buried in the deadliest avalanche to hit Mount Everest, a disaster that has prompted calls for a climbing boycott by Nepal's ethnic Sherpa community.

A Sherpa boycott could critically disrupt the Everest climbing season, which is key to the livelihood of thousands of Nepali guides and porters. Everest climbers have long relied on Sherpas for everything from hauling gear to cooking food to high-altitude guiding.

At least 13 Sherpas were killed when a block of ice tore loose from the mountain and triggered a cascade that ripped through teams of guides hauling gear. Three Sherpas missing in Friday's avalanche are presumed dead.

"Right now, I can't even think of going back to the mountain," said Tashi Dorje, whose cousin was killed. "We have not just lost our family members, but it is a loss for the whole mountaineering community and the country."

Hundreds of people lined the streets of Nepal's capital, Kathmandu, on Monday as the bodies of six of the victims were driven in open trucks decorated with Buddhist flags.

During the cremation ceremony, dozens of nuns chanted for the victims' souls to be released as the bodies were covered in pine branches. A daughter of one of the climbers fainted and was taken to the hospital.

THE ASSOCIATED PRESS

Parents say 234 girls missing after Nigerian school attacked by extremists

Some 234 girls are missing from the northeast Nigerian school attacked last week by Islamic extremists, significantly more than the 85 reported by education officials, parents told the state governor Monday.

The higher figure came out a week after the kidnappings when the Borno state governor insisted a military escort take him to the town. Parents told the governor that officials would not listen to them when they drew up their list of names of missing children and the total reached 234.

The discrepancy in the figures could not immediately be resolved.

Security officials had warned Gov. Kashim Shettima that it was too dangerous for him to drive to Chibok, 130 kilometres from Maiduguri, the Borno state capital and birthplace of the Boko Haram terrorist network blamed for the abductions.

THE ASSOCIATED PRESS

FBI official: Teen is 'lucky to be alive'

A 16-year-old boy, who stowed away in the wheel well of a flight from San Jose, Calif., to Maui, is loaded into an ambulance.
CHRIS SUGIDONO/THE ASSOCIATED PRESS

Stowaway teen. A teen boy ran away from home and boarded a Hawaiian Airlines plane without detection

Officials say a 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

FBI spokesman Tom Simon said the boy doesn't even remember the flight. "Kid's lucky to be alive," Simon said.

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning.

He had run away from his family after an argument, Simon said. Simon said when the Boeing 767 landed, the boy hopped down from the wheel well and started wandering around the airport.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5 1/2 hours.

Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and notified security.

"Our primary concern now is for the well-being of the boy," Croyle said. Simon said the boy was medically screened and found to be unharmed.

His misadventure raised several security questions.

Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities, said that the incident "demonstrates vulnerabilities" in the airport security systems.

The boy was released to child protective services and not charged with a crime, Simon said. THE ASSOCIATED PRESS

Pollsters told to drop questions from survey

The Finance Department has ordered its pollsters to stop asking Canadians potentially embarrassing questions about Economic Action Plan advertising.

In 10 public opinion surveys since 2009, Canadians were asked whether they took any action as a result of seeing ads placed with newspapers, TV, radio and the Internet on the benefits of the Economic Action Plan.

Results have been in sharp decline in recent years, with a tiny fraction of those polled in 2013 saying they visited the EAP website or called a toll-free number, as the ads urge.

And so the Finance Department now has eliminated the question altogether, along with three other questions that asked Canadians to rate the government's performance. There, too, the numbers had been dropping to new lows.

The Finance Department paid pollster Harris Decima almost $31,000 to conduct a truncated survey of 2,000 Canadians in early November about their reactions to a pair of 30-second TV ads and two radio ads.

The ads' content was described in detail to respondents, but as few as 13 per cent recalled seeing or hearing the ads, which ran between Oct. 7 and Nov. 3.

No data was collected on any actions respondents took in response to the ads, or their rating of the government's performance, as the questions were quietly dropped.

The opposition parties have called the ads thinly disguised propaganda. Editorials at major news organizations have said the ads are designed to promote the Conservative party with public money. THE CANADIAN PRESS

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CH855568 GLS model shown* Selling Price: $27,000
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Families await grim news as Sewol ferry death toll rises

South Korea. After the bodies are pulled from the water, authorities try to identify the victims

Lee Byung-soo says he knew, when he saw his 15-year-old son's body in the tent. It could not have been more horrifically obvious. But he wanted so much for him to be alive.

"Stop sleeping!" the truck driver yelled as he hugged Lee Seok-joon. "Why are you sleeping so much? Daddy will save you!"

He pumped his son's chest and blew into his mouth to try to resuscitate him.

This is the kind of heartbreak that awaits the families of about 220 people still missing from the submerged ferry Sewol, or at least those whose relatives' bodies are ultimately recovered.

The pace of recovering bodies has accelerated in recent days, since divers finally succeeded in entering the vessel. There were 86 confirmed fatalities as of Monday night.

After the bodies are pulled from the water, police and doctors look for forms of ID and take notes on the body's appearance, clothing and any identifying physical marks, said a Health Ministry official who spoke on condition of anonymity.

Lee Seok-joon arrived as Body No. 41. The sight of his son brought Lee to his knees. He later lashed out at a military doctor who was in the room removing Lee's son's clothes. "Don't touch my son!" he said. "He's still alive!"

Lee said Monday, as he escorted his son's body home by ambulance, that his right eye had completely decayed.

The captain of the ferry, Lee Joon-seok, first told passengers to stay in their rooms and waited more than half an hour to issue an evacuation order as the Sewol sank.

President Park Geun-hye called the captain's actions "unfathomable." Park said the captain and some crew members told passengers to stay put while they themselves escaped.

Lee, 68, and two crew members have been arrested.

The search effort on Monday included than 200 rescue boats, 35 aircraft, 13 fishing boats and 641 personnel.

THE ASSOCIATED PRESS

A relative of a passenger aboard the sunken ferry Sewol shouts the name of her missing family member as she waits for their return at a port in Jindo, South Korea. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Jindo island

Lighting candles for the victims. YONHAP/THE ASSOCIATED PRESS

Identifying the bodies

The bodies are transported to Jindo island, as rescuers notify families waiting at the port, or at a gymnasium where many are sheltering. Bodies without IDs are described to officials in Jindo who relay the details to the relatives.

At the dock, bodies are taken to a white tent for another inspection, then transported to another tent. A coroner there cleans up the bodies, mostly to wipe off oil and dirt and straighten limbs.

Only two pieces of news are delivered here: Your loved one is dead, or still missing. THE ASSOCIATED PRESS

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Joe Biden set to meet with Ukraine officials

Push for international agreement. According to officials, VP plans to follow up on recent commitments of non-lethal security assistance

People listen and react to a pro-Russian speaker in Luhansk, Ukraine. A. ZEMLIANICHENKO/THE ASSOCIATED PRESS

Vice-President Joe Biden launched a high-profile visit on Monday to demonstrate the U.S. commitment to Ukraine and push for implementation of an international agreement aimed at de-escalating tensions even as violence continues.

The United States will decide within "days, not weeks" whether Russia is abiding by the accord, a U.S. diplomat said.

"It's still too early to tell if this is going to succeed," said Geoffrey Pyatt, U.S. ambassador to Ukraine. "The ball is really in Moscow's court in terms of whether they're going to take this diplomatic off-ramp." The United States has threatened additional sanctions against Russia if the agreement is not heeded.

Biden planned to meet with government leaders who took over after pro-Russia Ukrainian President Viktor Yanukovych was ousted in February. The White House said President Barack Obama and Biden agreed he should make the two-day visit to the capital city to send a signal of support for the new government's reform efforts.

Biden will hold talks with Arseniy Yatsenyuk and Oleksandr Turchynov, the acting Ukrainian prime minister and president. He also is scheduled to meet with legislators from across the country and democracy activists.

The State Department, meanwhile, said photos available from social media and other sites show Russia has sent forces into eastern Ukraine. The alleged "concerned citizens" who want more autonomy in eastern Ukraine are dressed the same and are carrying the same kind of RPG-30 rocket launchers that are issued to Russian army troops.

A senior administration official told reporters onboard Air Force Two that Biden plans to announce new technical support to the Ukrainian government to implement energy and economic reforms. The official, speaking on a condition of anonymity, said the vice-president also will follow up on recent U.S. commitments of non-lethal security assistance.

His trip comes a day after a shootout at a checkpoint in eastern Ukraine manned by pro-Russia insurgents left at least three dead and Ukrainian and Russian officials trading accusations of blame.

THE ASSOCIATED PRESS

Plans for an encampment

Paula-May Belous and her husband Michael Belous pose in a teepee on the National Mall in Washington on Monday. The Cowboy and Indian Alliance will host an encampment there for a week's worth of Reject and Protect actions against the Keystone XL pipeline. ALEX BRANDON/THE ASSOCIATED PRESS

Guantanamo Bay

FBI investigation disrupts tribunal

A federal prosecutor confirmed the existence Monday of the FBI investigation that has thrown the Sept. 11 war crimes tribunal at Guantanamo into disarray.

Assistant U.S. Attorney Fernando Campoamor Sanchez did not disclose the nature of the investigation. He asked the judge to delay by 30 days a decision on whether to abate proceedings. THE ASSOCIATED PRESS

Newfoundland

Premier candidate faces controversy

Frank Coleman, poised to become the next premier of Newfoundland and Labrador, is facing pressure from a pro-life group to follow the lead of Prince Edward Island in restricting abortion access in the province.

Coleman's views have sparked controversy after he said he annually attends a rally opposing abortion. THE CANADIAN PRESS

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Obamas host annual Easter Egg Roll

U.S. President Barack Obama and first lady Michelle Obama cheer as thousands of children gathered for the 136th annual Easter Egg Roll on the South Lawn of the White House in Washington, Monday. The event's theme was "Hop into Healthy, Swing into Shape" and featured live music, yoga and obstacle courses in addition to the egg roll, sports and storytelling. CAROLYN KASTER/THE ASSOCIATED PRESS

Just don't do it, say parents about brand names on kids' tests

Product placement?
New York education officials say brand references on tests just happened to be in passages selected

Just Do It has been a familiar Nike slogan for years, but some parents are wondering what it was doing on some of New York's Common Core standardized English tests.

Brands including Barbie, iPod, Mug Root Beer and Life Savers showed up on the tests more than a million students in Grades 3 through 8 took this month, leading to speculation it was some form of product placement advertising.

The test questions have not been made public, and teachers and principals are barred from discussing them. But teachers posting anonymously on education blogs have complained that students were confused by the brand names, which were accompanied by trademark symbols.

The Nike question was about being a risk taker and included the line, "Just Do It is a registered trademark of Nike," according to students who took the test.

Sam Pirozzolo, of Staten Island, whose fifth-grader encountered the Nike question, said there was apparently no reason for such a specific brand. "I'm sure they could have used a historical figure who took risks and invented things," Pirozzolo said. "I'm sure they could have found something other than Nike to express their point."

Deborah Poppe, of West Hempstead, Long Island, said her eighth-grade son was similarly puzzled by a question, which drew complaints for a second straight year, about a busboy who failed to clean some spilled root beer — Mug Root Beer, to be exact, a registered trademark of PepsiCo.

The use of brand names was one of several complaints raised by some educators and parents about the statewide tests. While general complaints about Common Core tests have arisen elsewhere, advocates said the prevalence of brand names appears to be specific to New York.

Representatives of the New York State Education Department and Pearson, the education publishing giant with a $32 million US five-year contract to develop New York's tests, said the companies did not pay for the exposure.

"There are no product placement deals between us, Pearson or anyone else," said Tom Dunn, an Education Department spokesman. "We use authentic texts. If the author chose to use a brand name in the original, we don't edit."

Pearson spokeswoman Stacy Skelly said neither the company nor the education department received any compensation for the mentions. Nike and Wrigley, the maker of Life Savers, said they were unaware they were mentioned on the tests. THE ASSOCIATED PRESS

Quoted

"Education, religion and civic life are places where brands are unwelcome ... It would be wise for Pearson to avoid using brands in their testing even if they're not paid for by the brand itself."

Kelly O'Keefe, marketing professor at Virginia Commonwealth University, who said that while he is a fan of brands, there are places where they don't belong.

Rewards early adopters.
Netflix newcomers to pay about a toonie more

Netflix is preparing a sequel unlikely to be a hit with its subscribers. The Internet video service is about to raise its prices for the first time in three years to help pay for more Internet video programming such as its popular political drama House of Cards.

The increase, to take place sometime before July, will hike prices by $1 or $2 US per month for new customers. The company's nearly 36 million current subscribers will continue to pay $8 per month for at least the next year, Netflix CEO Reed Hastings said in a Monday interview.

Netflix announced the looming price increase as part of a solid first-quarter earnings report.

Financial pressures have been mounting on Netflix as it grapples with the rising costs of licensing compelling video for its service. The company has been spending more to compete against traditional cable-TV channels such as HBO and Showtime, as well as technology companies such as Amazon.com Inc., Hulu.com, Microsoft Corp. and Yahoo Inc., which are planning to buy more Internet video programming from Hollywood studios.

"I think they need to raise the price to remain profitable," Wedbush Securities analyst Michael Pachter said of Netflix. THE ASSOCIATED PRESS

AT&T in America

It's GigaPower to the rescue via super-fast Internet

AT&T plans a major expansion of super-fast Internet services in the U.S. to cover as many as 100 municipalities in 25 metropolitan areas.

The service, called GigaPower, has a one gigabit per second speed that is about 100 times what U.S. consumers typically get with broadband. That means faster video downloads and the ability for more devices to connect to the network without congestion.

THE ASSOCIATED PRESS

The environment

Apple goes green, with free recycling of used products

Apple is offering free recycling of all its used products and vowing to power all of its stores, offices and data centres with renewable energy to reduce the pollution caused by its devices and online services.

The iPhone and iPad maker is detailing its efforts to cultivate a greener Apple Inc. in an environmental section on the company's website that debuted Monday.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.79¢
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TSX
14,493.68 (-6.71)

OIL
$104.37 US (+$0.07)

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Dow Jones: 16,449.25 (+40.71)

FarmersOnly sows seeds of love via dating website

Chelsea and Daniel Seitz pose at their wedding on Sept. 28, 2013, in Pierson, Man. An online dating site called FarmersOnly promised to steer him clear of city slicker singles. CHRIS JONES/THE CANADIAN PRESS/HANDOUT

Yee-haw! Site brings farmers together to knock cowboy boots, and maybe even to share a happy home on the range

Daniel Seitz was at home on his family's farm in southeastern Saskatchewan, watching a TV agriculture report, when an ad popped up on the screen and tugged at his lonely heart.

An online dating site called FarmersOnly promised to steer him clear of city slicker singles and hook him up with potential partners looking for a man just like him, one comfortable in cowboy boots and living life on the land.

Selling the simple life

"City folk just don't get it."
A FarmersOnly ad slogan

Two years later, the 27-year-old electrician and cattle farmer is newly married to a horse-riding farm girl who won him over with her smile, with a four-year-old step-daughter and a new baby on the way.

It's an online love story that FarmersOnly founder, Jerry Miller, is hoping to see more of in Canada.

Miller was doing agricultural marketing when he came up with the idea for the dating site in 2005. A divorced, female friend was having trouble meeting men while working long hours on her farm, and found suitors on other dating websites didn't have a clue about what her life was like. The little dating site that grew now has about 1.5 million members.

It's one of many niche dating sites that have popped up in North America in recent years. There are those for different religions and diets, widows and single parents, nudists and smokers. THE CANADIAN PRESS

PG&E pleads not guilty in fatal pipeline case

Pacific Gas & Electric Co. pleaded not guilty Monday to a dozen felony charges stemming from alleged safety violations in a deadly 2010 natural gas pipeline explosion that levelled a suburban neighbourhood in the San Francisco Bay Area.

As survivors of the blast looked on, attorneys for California's largest utility entered the plea in federal court in San Francisco to 12 felony violations of federal pipeline safety laws.

U.S. Magistrate Judge Joseph Spero noted the prosecutors' request to increase the maximum fine PG&E could face to more than $6 million US, if the court decides the company somehow benefited financially or saved money as a result of criminal misconduct.

Maximum fine

$6M

"We look forward to PG&E being fined the maximum amount allowed by law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said.

San Bruno city officials hailed the development as a positive step and said they believed company officials should be charged as well.

"We look forward to PG&E being fined the maximum amount allowed by law to send a message not only to that corporation but to the industry," San Bruno City Manager Connie Jackson said. "Individuals within the corporation certainly had responsibility for making decisions ... that led to the disaster in San Bruno."

PG&E said in a statement the company is holding itself accountable and does not believe any employee intentionally violated federal regulations. No individual PG&E employees have been charged criminally. Prosecutors could file superseding indictments naming individuals if the investigation warrants.

"We want all of our customers to know that we're working hard to build the safest and most reliable gas system in America," the company's statement said.

"The legal process will ensure that all of the facts related to this tragic event are fully reviewed."

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NOT ALL PASSIONS COME WITH A PAYCHEQUE

SHE SAYS

Jessica Napier
metronews.ca

Confucius supposedly said that if you do what you love then you'll never work a day in your life.

This is a nice little aphorism, but there are very few people who manage to see it through. In fact, a 2013 employment poll by Gallup found that only 13 per cent of people are actively engaged at work and the vast majority of employees worldwide report an overall negative job experience.

Transforming a personal interest into a lucrative occupation that provides you with a sense of purpose and accomplishment is definitely possible. I love to write, and authoring my own newspaper column is a dream job for me, but it still feels like a job sometimes — especially when I have a deadline looming.

Jobs come with a certain level of accountability and there are always going to be some mundane administrative tasks to do. We have reports to produce, bosses to answer to and targets to meet and it's unreasonable to assume that every single workday is going to feel like an incredibly gratifying experience.

It's also important to remember that without work, there would be no play. Leisure time is enjoyable because it is free of the responsibilities and expectations that come with a job. Taking something you love to do — whether it's taking photographs or baking pastries or playing the guitar — and turning it into a paycheque is going to change the way you experience that passion.

And yet, we are constantly told that our career decisions should reflect our personal interests. In a 2005 commencement address at Stanford University, Steve Jobs told the graduating class, "The only way to do great work is to love what you do," and, "If you haven't found it yet, keep looking."

It's an inspiring thought, of course, but how many young people are out there desperately trying to find their life's purpose and coming up short? Not all of us possess a very specific burning desire to practise law or plan weddings or become a marine biologist. Telling someone that they must spend their life searching for their true calling is kind of like saying there is only one special soulmate out there for each of us and if we can't find him or her then we have somehow failed. There are so many unexpected things that can happen in life to change who you are and what you want to do, why limit yourself to the pursuit of one single career destiny?

You might not always love what you do, but work is just one part of life and it doesn't have to define who you are.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Science has brush with art

A woman views the painting The Fighting Temeraire by J.M.W. Turner at the National Maritime Museum in Greenwich, England. The exhibition opened on Nov. 22, 2013, and ended Monday. OLI SCARFF/GETTY IMAGES

Artists' canvases capture air pollution

A new scientific study shows that landscapes painted by the likes of J.M.W. Turner are the picture of pollution. The study, led by Andreas Kazantzidis from the University of Patras, Greece, revealed that artists' stunning sunsets became redder as air pollution increased. Kazantzidis and his team of scientists analyzed hundreds of artworks painted between 1500 and 2000 and found a correlation between events such as volcanic eruptions and the sky coloration on the canvases of some of the artists. METRO

Q&A

Study links volcanoes to art

Metro spoke with researcher Andreas Kazantzidis about the study.

Is it fair to say that many artists owe a lot to pollution?
Yes, for many of them it's true. The images would not be so romantic as we see them now.

Why are some of the sunsets and sunrises redder?
The basic idea is that we can scientifically demonstrate the fact that the change of atmospheric constituents (aerosols) affects the colours depicted in the paintings. There are different colours in sunset and sunrise because there are different constituents in the atmosphere.

What part of the world did you look to?
Most of our research corresponds with the atmospheric conditions in Europe. In some paintings you see significant changes in the colours and this is connected to volcanic eruptions.

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MetroTube

Look, Mom, I'm flying through fireworks

ANDREW FIFIELD
metronews.ca

Ask me to name the thing I'd most like to be mass-produced to the point of affordability for humble folk: It's the remote control quadrocopter. Think of it as a personal drone.

Not for nefarious purposes, of course. It's mostly because an earlier dream of owning an elite model airplane is sadly antiquated by now. However, this person's fabulous idea to send their DJI Phantom into a fireworks show makes a pretty good case, too. The song is Arcade Fire's Sprawl II, in case you're wondering. (Via Gasper C on Vimeo)

GETTY IMAGES

metro
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See that symbol? It means you can scan the photo below with your Metro News app to see more Orphan Black images courtesy of Space

DVD review

Sorcerer

Director. William Friedkin

Stars. Roy Schreider

Almost as risky as Sorcerer's central plot of transporting nitroglycerine was the decision by William Friedkin to essentially remake Henri-Georges Clouzot's 1953 Cannes winner The Wages of Fear. How do you improve on a masterpiece? You can't, and Friedkin didn't, which explains why this 1977 thriller by The French Connection director was treated as an expensive indulgence back in the day. But time and critical reappraisals have been kinder, justifying Blu-ray ballyhoo. The canvas is broader but the main story remains: Four men with two trucks loaded with highly volatile nitro must travel hundreds of kilometres over rough South American terrain to blow up an oil well fire. The nitro's split between two trucks, because nobody believes both vehicles will make it. What the film lacks in novelty, it makes up in genuine suspense, aided by a nerve-jangling electronic soundtrack by Tangerine Dream.

PETER HOWELL

Finding the true Felix

Orphan Black. Metro sits down with actor Jordan Gavaris to discuss the evolution of his character on the show

LISA WEIDENFELD
Metro World News

Jordan Gavaris plays Felix in Orphan Black. COURTESY SPACE

Jordan Gavaris plays heroically helpful foster sibling Felix to main clone Sarah on Orphan Black. We talked to him about what's ahead for him in Season 2, airing Saturdays at 9 p.m. ET on Space, and whether Felix is finally getting fed up with Sarah taking him for granted.

The Season 2 poster seemed to imply that Felix and Alison will be getting closer this season. Would you say that's accurate?

Oh, you may be onto something. I think that poster is filled with Easter eggs. Felix and Alison do have a close relationship this season and I can't say as to whether or not it comes at the cost of Felix and Sarah's relationship, but I can tell you there's a real point of contention between Felix and Sarah that will come to a head and Felix will make a decision. I think he's been living life as an accessory to the Clone Club and it's time that he claimed a piece of his identity, because after all, that's thematically what the show's about. It's about identity. It's no surprise and it's not an accident that Felix loses a bit of his identity in the Clone Club.

What is it about Alison that draws him in? She's so different from him.

She's so different and yet she's the same. In a different life, I would say that Felix could have easily been a suburban gay dad and I think that in a different life, Alison could have been some sort of superfluous, frivolous girl with her gay best friend. I think that they missed each other's archetype by just a hair. I think that's what's cool about the show and one of the recurrent themes is that it's not so much about "How are you different from me?", it's "How are we the same?" Felix and Alison for all intents and purposes, should hate each other, but they found a common thread.

Will we see Felix get a bit more of his own plotline this season?

It was something that I really pushed for and something (co-creators) John (Fawcett) and Graeme (Manson) were really excited to do. I think first season he's so willing to submit, he just rolls into submission when it comes to being an asset to the Clone Club, being their only ally. But in reality, how long could a person realistically go living in fear without saying, "No" some of the time, or asking some questions or getting frustrated because they lost who they are? I think this season in particular it was just really important to me to capitalize on truth and honesty and humanity and say, well, yes, he's a great brother, but he's also human and he's going to say "No" sometimes, because Sarah's requests keep getting more outlandish and more dangerous.

Will Felix lose patience with Sarah's requests?

I think so. I think it may not play out the way the audience expects it will play out, but there will be some conversations between the two of them, some fraught conversations, and we get to see Felix as an entity outside of clone club.

What was your favourite scene to film this season?

There's a romantic connection that Felix has this season that is not just romantic, but an important connection for him as an individual, and I think it was probably one of my favourite things to do this season. It was also one of the scariest because in these particular moments he's very open and honest and real, and that was tough for me because Felix is a character that loves to wear masks.

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Here we Chloe again, with a Jacked up 24

Broken trust. Mary Lou Rajskub is a combative Chloe opposite Jack as 24 makes a comeback

Mary Lynn Rajskub and Kiefer Sutherland at a panel for 24: Live Another Day. RICHARD SHOTWELL/INVISION/THE ASSOCIATED PRESS

24 star Mary Lynn Rajskub says she had put the action-packed spy series well behind her when word came down that Jack was coming back.

"I honestly spent like two or three days in shock, like, 'What do you mean?' Just, like, walking about the house to my husband going, 'What? How is this really happening?'" Rajskub said in a recent phone interview from Venice, where she was on a break from the London set.

"But then I had a long time to warm up to the idea and it was quite a while before they approached me in particular. So by the time they came to me with the offer I was just like, 'OK, I'm ready, I'm just waiting for you guys to call.'"

Four years after the addictive serial ended, the groundbreaking franchise is gearing up to unleash 12 new episodes in the high-octane saga of counter-terrorism agent Jack Bauer, played by Kiefer Sutherland.

In 24: Live Another Day, Rajskub returns as computer whiz Chloe, but after such a long time away from the role she says it took her a while to get used to the idea of resetting the clock for yet another adventure.

"(After the finale) I spent the first year or two thinking that the movie might happen and then after that it was like, 'OK, this is done, moving on,'" Rajskub says.

"And I had started doing stand-up comedy and comedy again and I was just starting to go on the road doing my longer sets when I got the call about 24, which was kind of hilarious. It was, like, 'OK, I'll drop this comedy and let's go back to 24.'"

The new batch of episodes picks up several years after the events of the series finale back in 2010. Jack is on the run and Chloe is in a dark place emotionally, says Rajskub.

"Her relationship with Jack is very bad, she doesn't like him very much, she doesn't agree with him and that was a cool thing for us to play because we don't see eye-to-eye and that was the first time I think Chloe's been confrontative with him and even more so because she suffered a personal tragedy," she says.

"That's kind of put her into this tailspin ... and she became very anti-government because of that and she works for this company ... which is similar to a WikiLeaks-type situation. She's feeling bad."

According to Fox, the new shows retain the same fast-paced format with split screens and interweaving storylines fans are familiar with, with 12 hour-long episodes this time representing 24 hours.

Rajskub describes the comeback as an "amped-up" version of the original.

"There's more explosions, more visuals, especially being in London ... and I think it's just everyone is paying careful attention to make sure that it lives up to it but still remains 24," she says. THE CANADIAN PRESS

Volatile reunion

"The stuff I was most nervous and most excited about is when Jack and I first encounter each other."

Mary Lou Rajskub describes head-butting reunion of the characters she and Kiefer Sutherland reprise in 24: Live Another Day.

Espionage saga returns

24: Live Another Day debuts May 5 on Global and Fox with two back-to-back episodes.

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Peaches Geldof ALL PHOTOS GETTY IMAGES

British celebrities gather at funeral for Peaches Geldof, laid to rest at age 25

On Monday, celebrities gathered for the funeral of the British model and TV personality Peaches Geldof, who died at age 25 earlier this month.

Model Kate Moss and former Rolling Stones bassist Bill Wyman were among those attending the private service at a village church in Kent, southern England.

Geldof married her second husband Tom Cohen at the same church. It's also where her mother Paula Yates' funeral was held when she died of accidental drug overdose in 2000.

It is not yet known what caused the sudden death of Geldof, who was found at her home on April 7.

Police say it was "non-suspicious and unexplained," and a toxicology report could take several weeks.

THE ASSOCIATED PRESS

Demi Moore

Less is Moore for Demi as information of impending nuptials too much to take

Demi Moore is looking to be anywhere but Los Angeles for ex-husband Ashton Kutcher and Mila Kunis's big wedding, according to Star magazine. "Demi is tapped into Ashton and Mila's wedding planning and she's telling friends that she's going to get out of town during the time frame of when the wedding and pre- and post-wedding festivities will go down," a source says. "Demi knows she'll have to endure hearing about the affair — which Ashton is telling mutual friends will be huge and full of A-list Hollywood and tech friends — and seeing pictures. But the wound is still fresh from their divorce, and Demi doesn't want anything to trigger a relapse." So just what will Moore be doing instead? "When she gets word ... about the exact date, she's booking a trip to the yogic spiritual center of India, Rishikesh, where she'll submerge herself in days of waking at 4 a.m., chanting, meditation, yoga by the Ganges River, light eating of only meagre portions of vegan foods and dressing in saffron-coloured robes."

Brand in deep GOOP?

Gwyneth Paltrow

It looks like Gwyneth Paltrow is having more than just marital problems. Her lifestyle empire GOOP appears to be in serious trouble, according to corporate filings obtained by Radar Online just days after the company's CEO, Sebastian Bishop, unexpectedly stepped down. While GOOP brought in plenty of money in 2012 — with total declared income of $1.8 million — the company operated at a loss due to just as much in "administrative expenses," including salaries for Paltrow and Bishop totaling nearly $600,000 each in addition to "loans to directors" — $49,000 to Paltrow and $84,000 to Bishop — that were never paid back. All told, GOOP ended 2012 operating at a loss of nearly $40,000.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan reveals miscarriage and dishes on infamous list

THE WORD
Dorothy Robinson
scene@metronews.ca

Sunday night's episode of Lindsay, the Oprah Winfrey-produced reality show featuring America's favourite red-headed train wreck, Lindsay Lohan, was pretty dishy. Not only did Lohan drop the bombshell that she suffered through a miscarriage earlier in the season, but she claims her infamous "sex list" was stolen from rehab.

Regarding the miscarriage, Lohan was explaining why she missed days of filming her show, which was caught on camera: "No one knows this — I had a miscarriage for those weeks that I took off," she claimed. "I couldn't move, I was sick ... Mentally, that messes with you." The father was not named.

She also opened up about her infamous sexual conquest list, confirming the list's authenticity and shedding light on its origins. "That was part of my Betty Ford (treatment) — it's step number five or step number eight, your sexual inventory. You write that for your sponsor. That was in my Betty Ford book," she said. "That's something I didn't show anyone aside from my sponsor, who's also a very well-known person." So how did the list make its way into the pages of tabloid In Touch? "When I was moving and I was at the Beverly Hills Hotel, there were two people there who helped me move," the troubled starlet says. "Someone took a photo (of my Betty Ford book) and I'm pretty sure I know who it is, and they're not part of my life anymore."

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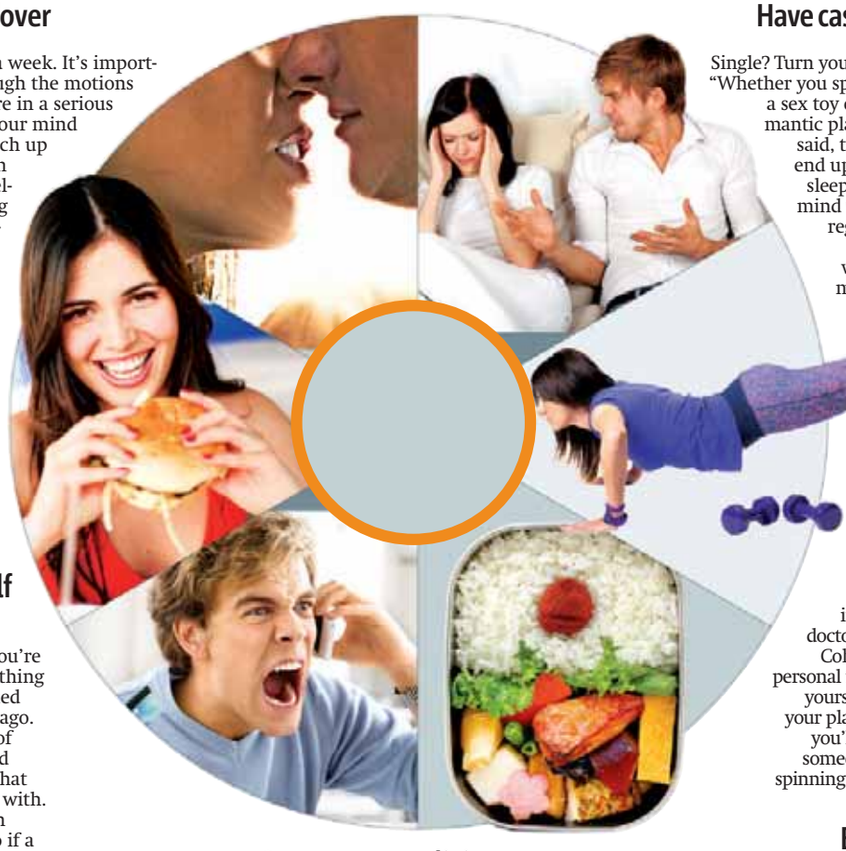
Feng shui your entire life

Don't be a selfish lover, let go of the past and have some smoked salmon for lunch. Whether you need to press the reset button or start from scratch, love, health and fitness experts have some reminders of how to live your life — better.

ROMINA MCGUINNESS Metro World News in London

Don't be a selfish lover

"Have sex at least once a week. It's important to put yourself through the motions — especially when you're in a serious relationship — even if your mind needs a little time to catch up with your body," says Ian Kerner, sexuality counsellor and author of The Big Fun Sexy Sex Book. Masturbating to thoughts of your partner also helps to fuel long-lasting desire but indulge sparingly, he adds: "Orgasm is a powerful reward. If you get used to self-pleasuring and taking care of your own needs, you will slowly start to disconnect yourself from your partner and isolate your feelings."



Have casual sex — but be selective

Single? Turn your room into a love nest, says Kerner. "Whether you splash out on some nice sheets or buy a sex toy or two, turn your bedroom into a romantic place you're happy having sex in. That said, too many people have casual sex and end up feeling yucky and ashamed so only sleep with someone you know you won't mind waking up with. You're less likely to regret it if you actually like the person and it might well turn into more…"

Unshackle yourself from the past

Your life, the one that you're living right now, has nothing to do with what happened five years or two weeks ago. The past is a collection of thoughts that affects and influences us 24/7, but that we can't physically deal with. We're frustrated with an illusion, not a reality. So if a thought makes you unhappy, don't deny it; instead, try to fill your mind with something more positive, says Kerner. "Your happiness should never depend on someone else's unhappiness. So be accountable for your mistakes — being the victim is the easy way out," he adds.

Social media is powerful — make the most of it

Book an appointment with yourself in the same way you would schedule a doctors appointment, recommends Charli Cohen, a luxury sportswear designer and personal trainer based in London. "If you make yourself accountable to yourself by sharing your plans on various social media platforms, you'll look a little silly if you bail and then someone asks you about that 'excruciating' spinning class you posted about," she explains.

Concentrate on living

Your actions and your thoughts have to be going in the same direction, says London-based life coach and well-being expert Master Simon Lau: "The body doesn't understand trends or desires — only your ego does. So when you're doing something, just concentrate on that, otherwise, your body is never going to enjoy whatever it is that you do. When you eat, concentrate on eating, when you work, concentrate on working," he recommends.

Eat a cleverly packed lunch

"Prepare what food you can in advance so you can take it to work in a Tupperware. Just make sure you get some protein and fibre in there — you'll end up with a meal that's much better rounded than a bowl of pasta," says Cohen. If you're lacking inspiration or time, then go for no-nonsense options, such as cooked chicken, smoked salmon, avocados and vegetables that can be eaten raw such as pepper and cucumber, she suggests.

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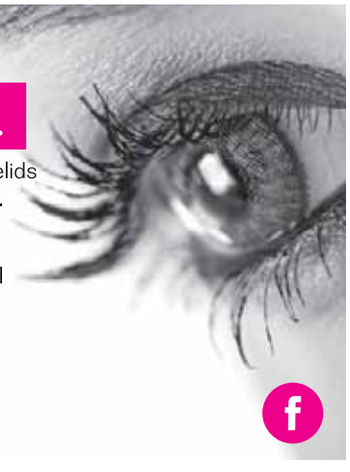

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Cluckin' good chicken strips

Health Solutions

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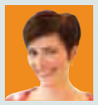

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What kind of yogurt should I eat? Is it really that good for you? What does it do? Is one really better than the other? What is the difference? What is kefir?

You know you've stood in the dairy aisle, freezing, and asking yourself these questions!

Yogurt and kefir are both milk products that can be made from the dairy of any animal. The differences are:

- The animal that the milk came from
- The type of bacteria used to ferment the milk
- What/how much sugar and flavouring were added

In general, your bowel benefits from a variety of good cultures, which means that adding both is most beneficial. And yes, it is really that good for you to have a plethora of them in your gut! It's these good bacteria in your system that help break down food, convert nutrients into a usable form and carry those nutrients to the rest of your body.

Many prefer organic yogurt as it comes from cows fed organic grains and raised on pasture, which may contribute to a higher nutrient profile of the milk.

Ideally, you want a yogurt that is as low in sugar and high in protein as possible.

Greek yogurt has been strained of more liquid to increase the thickness, calcium and protein, but if it is loaded up with sugar, gelatin and flavour, well, it isn't any better for you.

You know what? Let's make this even simpler. Eat yogurt, OK?

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Homemade Chicken Strips with Yogurt Dip. You'll never go back to the fast-food version after you make these simple dippers

THERESA ALBERT
myfriendinfood.com

Most chicken strips on the market and in fast food joints are made with more fat and salt than you would like. Yes, even you salt lovers.

The crust usually consists of white flour and they're often deep-fried before they're frozen.

Sometimes they are whole pieces of chicken but often they are pressed, processed bits.

You can do better and it won't take more than 10 minutes.

If you make a double batch and freeze them, you are much further ahead.

1. In a large bowl, toss together bread crumbs, cornmeal, paprika, celery salt, onion powder, garlic powder and poultry seasoning.

2. In a separate plate mix together yogurt, honey and water.

This recipe serves six. THERESA ALBERT

FLASH FOOD

From your fridge to your table in 30 minutes or less

3. Slice chicken breasts into thin strips about the thickness of tenders.

4. Dip the chicken strips into yogurt mixture and dredge in the bread crumb mixture. Lay in a single layer on cookie sheet and bake immediately at 350 F for 15-25 minutes (depending on the thickness of the strips). The cookie sheet can go directly into the freezer for storage. Once frozen, remove strips to a freezer bag and bake directly from frozen: 325 F for 25 to 35 minutes.

5. Cucumber Yogurt Dip: While the chicken strips are baking, grate cucumbers and remove all the moisture (strain through cheese cloth). In small mixing bowl, blend the plain yogurt, lemon juice, salt and garlic. Stir in the cucumbers.

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Ingredients

- 1 cup whole grain bread crumbs (or 1/2 cup bread crumbs + 1/2 cup wheat germ)
- 1/4 cup cornmeal
- 1 tsp paprika
- 1/2 tsp celery salt
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/2 tsp poultry seasoning
- 1/2 cup plain yogurt (not Greek)
- 1 tbsp liquid honey
- 2 tbsp water
- 4 boneless skinless chicken breast halves

Cucumber Dip

- 1 1/2 cups cucumber, grated
- 1 cup plain yogurt
- 1/2 tsp lemon, juice
- 1/2 tsp sea salt
- 1/2 tsp garlic, minced or dried

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GLUTEN FREE MARKET
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Finger food makeover: Buffalo Chicken & Peas

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Invented in Buffalo, N.Y., during the '60s, Buffalo chicken wings have become a North American favourite. Big surprise!

If fat is where the flavour is, and if everyone's a sucker for flavour, Buffalo chicken couldn't lose.

Using all of the dish's signature elements, and adding orzo or couscous and peas, this recipe turns finger food into a dinner-in-a-pot pasta dish.

1. Bring a large pot of salted water to boil.

2. While water heats, melt butter in nonstick skillet over medium heat. Add chicken and cook, stirring, until just cooked through, 3 to 5 minutes. Stir in the hot sauce and a hefty pinch of salt, then set aside.

3. Add the orzo or couscous to the boiling water, stir and cook according to the package instructions until it is almost al dente. Add the peas, then return the water to a boil. As soon as the water returns to a boil, drain and add the peas and pasta to the skillet. Return the skillet to medium heat, add the chicken broth and bring to a simmer. Cook for 1 minute, or until the pasta is tender.

4. Add the blue cheese and simmer until the cheese is melted and the sauce has thickened. Transfer to 6 bowls and top each portion with some of the celery. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 tbsp unsalted butter
- 8 oz boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 to 2 tbsp hot sauce, or to taste
- 8 oz whole wheat orzo or whole wheat Israeli couscous
- 2 cups frozen peas
- 3/4 cup low-sodium chicken broth
- 3 oz blue cheese, crumbled
- 1 cup finely chopped celery

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When kale met apples (in a delicious salad)

Once you start eating kale, it will become the "new normal" base for your salads. It has a more robust flavour and texture than lettuce, and is good for you, too.

Black kale is the best choice for salads. It has soft leaves and is not prickly or curly. It still needs to be de-stemmed and the leaves need to be torn, but it isn't as tough as curly kale.

Ingredients

For the dressing

- 2 tbsp cider vinegar
- 2 tbsp lemon juice
- 1/2 cup mayonnaise
- 2 tbsp sugar
- 1/2 tsp kosher salt

For the salad

- 1 large bunch Tuscan kale, stems tor, leaves torn into pieces
- 1/3 cup dried apricots, julienned
- 1/3 cup pumpkin seeds
- 2 oz manchego cheese, grated
- 1 Pink Lady apple, cored and cut into thin half moons
- Ground black pepper

1. Dressing: In bowl whisk the vinegar, lemon juice, mayonnaise, sugar and salt.

2. Add the kale and toss to coat well, then set aside for 10 minutes. After 10 minutes, toss again to coat well.

3. Sprinkle apricots, pumpkin seeds and cheese over dressed kale. Toss again to distribute. Season with pepper and additional salt, if needed. Fan thin slices of apple over the top of salad and serve. **THE ASSOCIATED PRESS/ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

This recipe serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

St. Louis-Chicago

Crawford makes Blues see red in Hawks' shutout

Corey Crawford made 34 saves in his third career post-season shutout, and the Chicago Blackhawks got back into their playoff series with the St. Louis Blues with a 2-0 victory in Game 3 on Monday night.

Jonathan Toews scored in the first period and Marcus Kruger added an empty-netter as Chicago bounced back after a pair of overtime losses in St. Louis. Toews' 21st post-season goal was only the second score by a Blackhawks forward in the series.

Ryan Miller shook off another slow start and made 23 saves for St. Louis.

Game 4 will be played on Wednesday night.

THE ASSOCIATED PRESS

Pittsburgh-Columbus

Penguins sting Blue Jackets for comeback win

Brandon Sutter, Lee Stempniak and Olli Maatta scored in a span of 2:13 of the third period to revive the Pittsburgh Penguins in a 4-3 victory over the Columbus Blue Jackets on Monday night.

Pittsburgh took a 2-1 lead in the best-of-seven playoff series thanks to the goals on three consecutive shots.

Brooks Orpik added a goal in the final seconds of the second period as the Penguins stormed back from deficits of 2-0 and 3-1. Marc Andre-Fleury had 27 saves.

THE ASSOCIATED PRESS

Down but not out, Mikael Granlund of the Wild scores the winning goal past Avalanche goalie Semyon Varlamov and Erik Johnson on Monday in St. Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

Granlund helps Wild break through Avs

Colorado-Minnesota. Lone goal scored in overtime to cut series deficit to 2-1

Game 3

Wild	Avalanche
1	0

For three periods, Mikael Granlund and the Minnesota Wild were flinging puck after puck at Semyon Varlamov, who was busy playing the part of impenetrable force.

Finally, in overtime, such persistence produced a reward.

Granlund's diving goal 5:08 into overtime gave the Wild a 1-0 win over Varlamov and the Colorado Avalanche in Game 3 on Monday night to pull within 2-1 in the best-of-seven series.

Semyon Varlamov stopped 45 of 46 shots, a franchise playoff record for shots on goal by the Wild.

"It felt like we were taking it to 'em pretty good, so to not get frustrated at that point, not start to drift and get away from our game, that's what good teams do," a proud Wild coach Mike Yeo said.

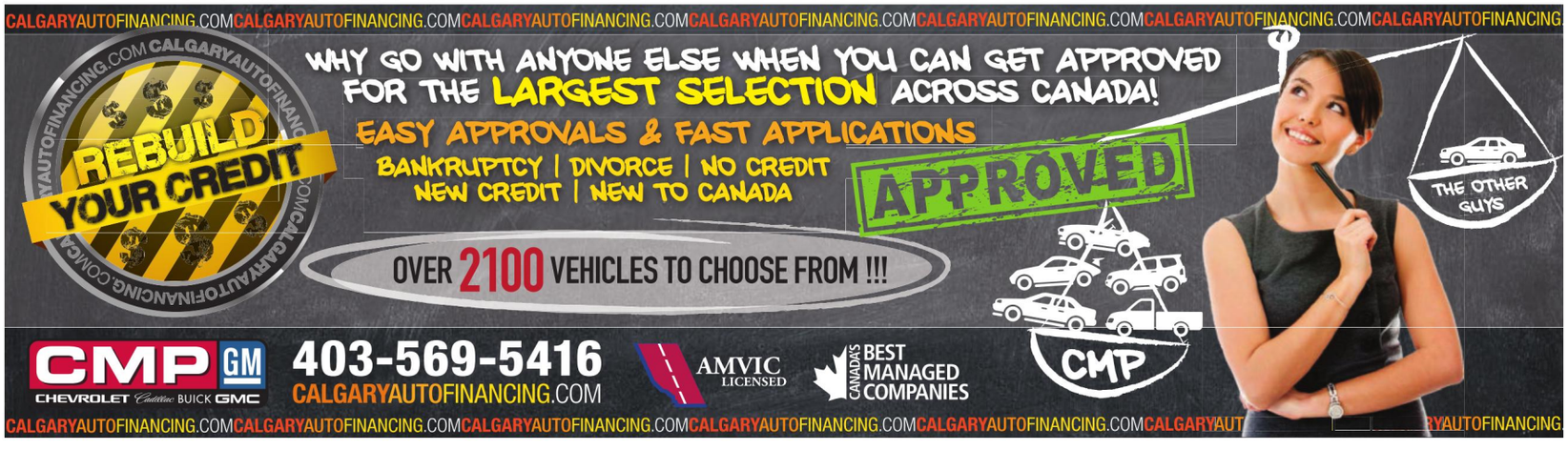
Granlund, who had a career-high seven shots on goal, sliced toward the crease and moved parallel to the net with some slick stick work. Avalanche defenceman Erik Johnson, who saved Game 1 by racing to swat away a shot on an empty net, lost his balance and tried unsuccessfully to dive at Granlund, who then began to fall forward. Granlund extended his stick to knock the puck in, and the celebration ensued.

"We were playing really good. We were creating chances. We got rewarded. We need to just keep playing like that," Granlund said

Game 4 is at Xcel Energy Center on Thursday, when the Avalanche will be without defenceman Tyson Barrie. He took a knee-to-knee hit in the second period that yielded a penalty for Matt Cooke and a medial collateral ligament injury for Barrie. Coach Patrick Roy said he'll be need four to six weeks to recover.

THE ASSOCIATED PRESS

4 SPORTS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Watch out below! Z-Bo attacks in OT

NBA playoffs. Randolph's clutch play sends series with powerhouse Thunder back to Memphis knotted at 1-1

The Grizzlies' Zach Randolph blocks Thunder forward Thabo Sefolosha's shot on Monday night in Oklahoma City.
RONALD MARTINEZ/GETTY IMAGES

Zach Randolph scored 25 points to help the Memphis Grizzlies defeat the Oklahoma City Thunder 111-105 in overtime on Monday night and tie their first-round playoff series at one game apiece.

Mike Conley added 19 points and 12 assists for the Grizzlies.

Kevin Durant had 36 points and 11 rebounds for the Thunder. Russell Westbrook scored 29 points for Oklahoma City, but he made just 11 of 28 shots.

Randolph's layup with 26 seconds left in overtime put the Grizzlies up by two. Oklahoma City's Serge Ibaka travelled, giving the ball back to the Grizzlies. Courtney Lee made two free throws for Memphis to make it a four-point game. Durant missed a three-pointer and Randolph made two free throws with nine seconds left to put the game out of reach.

Game 3 is Thursday night in Memphis.

The Thunder trailed by nine early in the fourth quarter, but they finally took the lead when Thabo Sefolosha stole the ball from Randolph, leading to a dunk by Durant with 1:14 remaining.

Mike Miller came back with a three-pointer to put Memphis up 95-93 with 53.7 seconds left.

Westbrook missed a three and Memphis rebounded. Conley missed the first free throw and made the second to make it a three-point game.

Tony Allen stole the ball from Durant, and Conley made two free throws with 18.1 seconds left to push the Grizzlies' lead to five.

Durant answered with a miraculous four-point play with 13.8 seconds remaining. He hit a three from the corner as he was being pushed out of bounds by Marc Gasol. Durant then converted the free throw to make it a one-point game.

Conley made one of two free throws with 12 seconds left to make it 99-97. Westbrook missed a wild three-pointer in the closing seconds, but Kendrick Perkins, who hadn't made a field goal all game, scored on a put-back as time expired to force overtime.

THE ASSOCIATED PRESS

Game 2

Grizzlies	Thunder
111	105

NBA playoffs

Raps GM pays $25K for 'F' bomb

The NBA has fined Toronto Raptors general manager Masai Ujiri $25,000 for using profanity in a public place.

Ujiri was speaking at a public rally Saturday before the Raptors hosted the Brooklyn Nets in Game 1 of their first-round playoff series when he used an expletive. He later apologized.

THE ASSOCIATED PRESS

NBA

Knicks coach 1st to be shown the door

Mike Woodson was fired as coach of the New York Knicks on Monday after his team fell from division champions to out of the playoffs in one season. Knicks president Phil Jackson said "the time has come for change throughout the franchise."

THE ASSOCIATED PRESS

NBA

Raging Bull Noah named top D-man

Chicago Bulls centre Joakim Noah was named the NBA Defensive Player of the Year on Monday in front of friends and family.

"This is very humbling to be in this situation right now," Noah said at a news conference where his family was in the front row.

THE ASSOCIATED PRESS

Scan this image with your Metro News app to view images of the most colourful moments of Joakim Noah's career.
THE CANADIAN PRESS

MLB. Orioles beat Red Sox on Patriots' Day in Boston

The Baltimore Orioles scored six runs off Clay Buchholz in the third inning, then held on to spoil Boston's Patriots' Day morning game a year after the Boston Marathon bombings with a 7-6 win over the Red Sox on Monday.

The Red Sox had a chance to win in the ninth when they loaded the bases. They scored one, but Mike Carp grounded out to first as Tommy Hunter escaped with his fifth save.

Wei-Yin Chen (3-1) and five relievers helped Baltimore to gain a split of the four-game series. THE ASSOCIATED PRESS

Dustin Pedroia of the Red Sox turns a double play in front of the Orioles' Jonathan Schoop on Monday in Boston. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You will be somewhat impatient today, especially on the work front where you can't understand why some people are unable to keep up with you. Calm down and make allowances.

♉ Taurus
April 21 - May 21
It would be nice if everyone shared your way of looking at the world but it won't happen, so don't try to persuade those who see things from a different angle.

♊ Gemini
May 22 - June 21
Misunderstandings are likely over the next 24 hours, so make sure you spell out what you are trying to accomplish and make sure everyone is on the same wavelength, because if they are not the results could be chaotic and costly.

♋ Cancer
June 22 - July 23
Today's powerful Mars-Jupiter link warns you must not say or do anything that might bring a profitable relationship to an end. Important people must be handled with care over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be a bit impetuous at times and the planets warn you must make sure you know what is going on before jumping head first into situation you know little about. Let others make the first moves.

♍ Virgo
Aug. 24 - Sept. 23
It's not often a Virgo is easily parted from their cash but the current cosmic set-up warns that's a real possibility today. Don't let it happen.

♎ Libra
Sept. 24 - Oct. 23
It's one thing to make bold decisions but it's another to make sure they are the right decisions. If you call it wrong the repercussions could be massive, so think deeply and act cautiously.

♏ Scorpio
Oct. 24 - Nov. 22
Everyone takes a wrong turn now and again, so don't be surprised if the planets start nudging you in a new direction. There is an ideal path for you and you will be reminded where it is today.

♐ Sagittarius
Nov. 23 - Dec. 21
There may be an element of risk in what you are planning but if you don't go ahead with it you will hate yourself for being so timid. Prepare and then jump right in!

♑ Capricorn
Dec. 22 - Jan. 20
You may be entitled to get angry with someone who has let you down but is it worth the effort? Forgive and forget, not least because they will then be in your debt, and that could be useful.

♒ Aquarius
Jan. 21 - Feb. 19
The planets indicate that your best course of action today is to take no action at all. With Mars and Jupiter battling it out, keep your head down and let others take the risks.

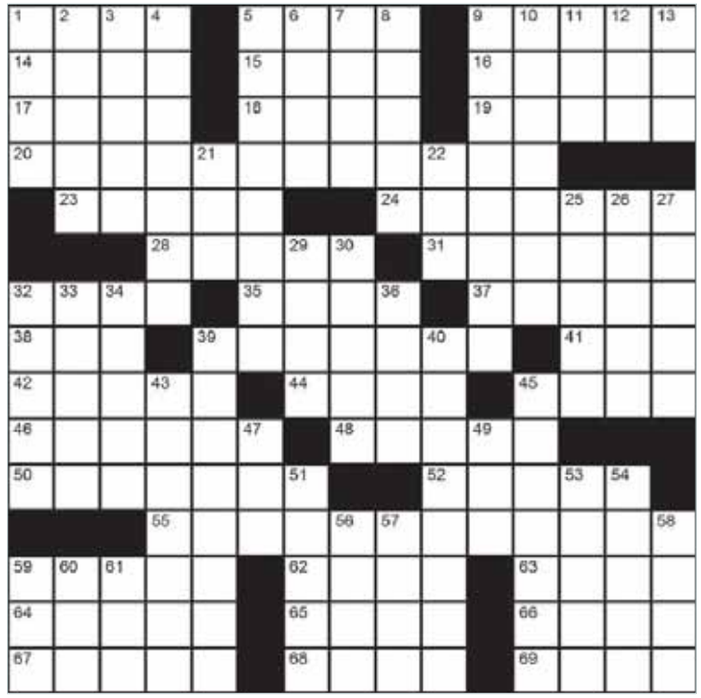
♓ Pisces
Feb. 20 - March 20
Other people do not have the right to dictate what you should do and how you should do it. If you are part of a team there must be equality – make sure they know that.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

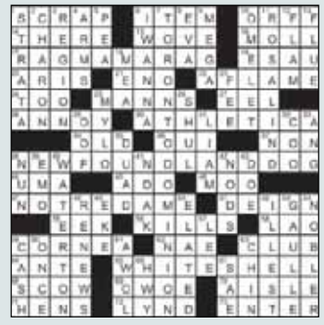
BY KELLY ANN BUCHANAN



Across
1. Rowed ride
5. "Yes, __!"
9. Yellow: French
14. Ms. Kendrick
15. Moreover
16. AVOIR: J'___...
17. Jackie Wilson's "__ Petite"
18. Military maneuver
19. Mustard brand
20. Sci-fi attraction in Moonbeam, ON: 2 wds.
23. Ben Stiller's actress mom Anne
24. Sweetened
28. Grammy Awards org.
31. Book-marked page
32. Costa __
35. Village dubbed 'A Little Bit of Holland in Saskatchewan'
37. '_'__ my Eggo!' (Kellogg's waffles slogan)
38. Green
39. Halifax Harbour part, __ Basin
41. Swiss peak
42. "Ally McBeal" singer Ms. Shepard
44. ___ record (Feat in sports)
45. Chemical suffixes
46. Car part
48. Fasten a brooch again
50. What's-his-name
52. John Candy comedy, "__ Buck" (1989)
55. "Moments" Canadian country band: 2 wds.
59. Saskatchewan village since 1911
62. Born-in-Calgary American politician Ted
63. Above
64. Reality star Spencer
65. The Jetty __ __ Havre (Claude Monet painting)
66. Are, no more
67. New employee
68. Author Mr. Bellow, born in Lachine, QC
69. Canada __ (Some ginger ales)

Down
1. Chuck it up
2. "A Nightmare __ __ Street" (1984)
3. Keep __ __ on (Watch out for)
4. Regina-born star Ms. Maslany of "Orphan Black"
5. Cape Breton Island vacation destination, __ River Valley
6. Worrisome word
7. __ Minor
8. 'M' of M.O.
9. "Canadian Idol" judge: 2 wds.
10. Median
11. Dubai's locale [acronym]
12. Author, Anais __
13. 'Host' suffix
21. US gun gr.
22. Cow's chew-ee
25. "The Exorcist" (1973) daughter
26. Don Henley or Glenn Frey
27. Loses hold
29. Elaborates
30. "60 Minutes" Toronto-born journalist, Morley __
32. Dreams: French
33. Prefix to 'clast' (Image breaker)
34. Miami Sound Machine hit
36. Speck
39. Randy Bachman, to Burton Cummings
40. Long-locked lass of lore
43. Kitchen set
45. Hip-and-happening humans: 2 wds.
47. 'Computer' suffix (Techie jargon)
49. Non-affiliated politician [abbr.]
51. Marine menaces, seals would say
53. "What am I, chopped __??"
54. All
56. Miss: Spanish [abbr.]
57.City of Finland
58. '70s hit: "__ Tu"
59. U.S. driver's speed
60. Verdi aria: "__ Tu"
61. Paddle

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		6			9		
7			3					8
		3		4	7			5
		1		8	6			7
4			5	9		1		
3			8	2		6		
8					4			2
		9			5		8	

Yesterday's Sudoku

3	4	2	5	1	8	9	6	7
5	8	7	9	2	6	4	1	3
1	6	9	4	7	3	5	2	8
9	2	6	3	4	1	7	8	5
7	1	3	8	6	5	2	4	9
8	5	4	2	9	7	1	3	6
2	3	8	1	5	9	6	7	4
6	9	1	7	8	4	3	5	2
4	7	5	6	3	2	8	9	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 19° MIN: 6°	MAX: 8° MIN: 4°	MAX: 7° MIN: 0°

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